Methods of Developing the Show of Short Runners

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Abstract: The introductory part of the research, the purpose of the research, the objectives of the research, novelty and theoretical and practical aspects are described. National andforeign literature and Internet materials are used. The article describes how to develop the sportof skilled sprinters. In this work, the results of the control (NG) and research (TG) group are analyzed, experimental data, conclusions, and a list of references are given.

Keywords: running, short distances, technical training, pedagogical experiment, training techniques.

Introduction

Today, the dynamics of sprinter results are related not only to the work of the peripheral locomotor system, which has a very complex multifaceted kinematic system, but also to the work of central mechanisms to control movements at different levels of the central nervous system.

Vegetative centers are part of the mechanisms that, along with the motor and sensory systems, ensure that the level of the vegetative process corresponds to the intensity of motor movements. Sensor centers decide the strength and velocity parameters of the working muscle groups. Thus, the speed of acompetitive distance should be considered as a function of the whole body.

Thus, race speed at competitive distance should be considered as a general body function. Perfect individual technique of running steps is a prerequisite for exceeding the athlete's capabilities.

The aim of the study was to theoretically justify new approaches that would increase the efficiency of running stage techniques in sprinters. The purpose was to determine the conditions for improving the technique during the short-distance chase stages and to test the effectiveness of these conditions in the training practice.

Objective of the study: The effectiveness of the training process of short-distance runners is determined by the fact that they gradually increase their speed by regularly monitoring the training load, taking into account the state of adaptation of the body to the load. The main parameters of muscle work are volume and intensity, taking into account the individual rhythm and the frequency of its replacement with rest. The optimal ratio of the volume and intensity of training is determined by the nature of the body's reaction, which is considered as a way to control the process of developing motor function.

Among the main features of adaptation to strengthening muscle function are changes in body size, internal environmental parameters and the nature of external influences. Adaptive changes are characterized by urgency. Adverse changes are affected by the training load and return to normal. General adaptation is stabilized by significant morphological changes in the functioning of body systems. This requires a continuous training process.

Appropriate reactions occur in the body under the influence of regular exercise load, which increases theability to perform exercises of regular intensity and volume.

It is important to keep in mind that the body gradually adapts to the same exercise and the training effectdisappears, so the working condition and the intensity of the load must change.
Learning the smart techniques of competitive action is crucial to the development of sportsmanship. From the first exercise, the sprinter must perform movements based on the laws of physics: the need to maintain the center of gravity of the body and its movement during running, the number of movements, controls and angles of placement of body parts when placing the foot on the base, pushing, flying phase and more.
The smallest deviation from the individual time-space and power parameters of the treadmill results in a lower operating speed.
The training experiment was conducted with 37 athletes aged 17-21 years (first and second category athletes and candidates) to test the training conditions designed to increase the speed of running at competitive distances. Athletes were divided into control (NG) and research (TG) groups - 18 and 19 people, respectively.
The study was preceded by a test to determine the level of initial physical fitness of athletes at a distanceof 150 meters and the speed of athletes who ran 400 meters. In the study, processing did not reveal significant differences in athletes in both groups ($p > 0.05$). In addition, the performance of all athletes was determined using the distances of 100, 200 and 400 m (from the bottom start).
Analysis of the results did not reveal significant differences between the sprinters in the two

groups ($p > 0.05$). NG training was conducted according to the traditional methodology, according to the curriculum recommended by the Athletics Federation of Uzbekistan, and at TG according to ourmethodology.
The optimal angles of the depressing leg were calculated separately for each sprinter by the ratio ofbody weight, the measured amplitude of head and body oscillations in the anterior and posterior and lateral directions, the value of arm movements, and their coordination.
Each run of the athlete was performed at all recommended distances only under the supervision of a coach, with the determination of the time interval and the degree of coordination of the parameters corresponding to the individual characteristics of the athletes. In TG, it was used to resolve the sprinter'sneuromuscular tension. It helped to relieve excessive nervous tension, provide the necessary comfort and freedom of movement, improve psycho-emotional state, increase exercise satisfaction.
At the end of the experiment, a re-test was performed to determine the dynamics and strength performance of the speed and agility indicators of the short-distance runners in both groups at a distance of 150 m.
Conclusion: The results of the study proved the effectiveness of the methodological approach to the organization of the training process of qualified sprinters aged 17-21 years, based on regular monitoring of the technique of running steps, taking into account the individual characteristics of athletes. Given theleading parameters of the treadmill, it is advisable to place the foot on the support. Its use is designed to significantly increase the speed of running at distances of 100, 200 and 400 m.
At the same time, the use of the running technique is also important because it helps to relax themuscles, creating the conditions for optimal control of the tension state of the muscles working during the run.

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